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ONTARIO

Department of Education

Courses of Study

Grade IX

HOME ECONOMICS

Issued by Authority of
The Minister of Education

COURSES OF STUDY

FOR

Grade IX (Form I Lower School and Fifth Classes)

IN

Collegiate Institutes, High, Vocational and Continuation Schools and
Public and Separate Schools

GRADE IX—HOME ECONOMICS

Outline of the Course in Home Economics—Grade IX

FOREWORD

The units, clothing and meal management which definitely are practical units, occupy 66.6% of the allotted time. The remaining subtopics require definite practical pupil work. It is suggested that one-half of the total time be devoted to each of Part I Personal Regimen and Part II Home Management. It is recommended that the lecture method be not used in this course.

It is expected that integration of work be sought in the different phases of this subject and that the course be correlated as far as possible with the content of other courses on the programme of study.

Objectives

1. To develop in pupils sound standards of living and an appreciation of the value of personal and social development.
2. To develop in pupils good judgment and the power of critical and creative thought as applied to their immediate problems.
3. To give pupils insight into and appreciation of the functions, values and ideals of normal family life in a changing society.

The course should develop in the pupil a conception of homemaking as an undertaking in which all members of the family co-operate.

4. To give pupils a working knowledge of procedures and an opportunity to participate in activities related to personal problems and home management.

COURSE

THE GIRL AND HER HOME

Part I—Personal Regimen

I. Personal Appearance and Deportment:

1. Health—food, sunshine, fresh air, sleep.
2. Posture and carriage.
3. Grooming and its practice:
 - (a) cleanliness,
 - (b) cosmetics, their use and abuse,
 - (c) clothing, appropriateness and care.
4. Manners—at home and in public.

II. Clothing:

1. Care of clothing and accessories:
 - (a) routine practices—hanging, brushing, sponging, pressing, airing, folding,
 - (b) laundering—underwear, stockings, handkerchiefs, aprons,
 - (c) repairing—fastenings, patches, darns,
 - (d) simple renovations—hems, sleeves, collars, seams.
2. Selection:
 - (a) aesthetic value:
 - (i) interpretation of personality,
 - (ii) appreciation of colour,
 - (iii) analysis of costume and its relation to the individual.
 - (b) economic aspects:
 - (i) present wardrobe,
 - (ii) original cost and upkeep,
 - (iii) suitable to the needs of the wearer,
 - (iv) quality and design of material.

3. Construction:

Simple cotton or linen garments related to the need of the pupil.

- (a) choice and preparation of material,

- (b) commercial pattern—choice, interpretation, alteration,
- (c) machine operation,
- (d) construction processes used for the garments selected,
- (e) evaluation of finished garment.

III. Crafts:

1. Value of crafts:

- (a) personal satisfaction,
- (b) self-expression and improvement,
- (c) profit.

2. Practical application:

It is suggested that simple handicrafts, meeting the interest and the ability of the pupil, be taught during the class period and be completed at home or used as supplementary work during the term.

Part II—Home Management

I. The Background of Canadian Home Life:

- 1. Home and family.
- 2. Food and clothing.
- 3. Health and social life.
- 4. Education and occupations.

II. Home Responsibilities:

1. Work:

- (a) participation in the work of the home,
- (b) comparative value of tasks,
- (c) labour and health-saving methods.

2. Time:

benefits of a schedule.

3. Income:

- (a) sources,
- (b) general distribution and pupil's share.

4. Recreation:

- (a) advantages,
- (b) varieties and individual contributions to family pleasures.

III. Nutrition and Health:

1. Importance to the members of the family for the enjoyment of work, recreation and happy home life.
2. Nutrition problems of the family:
 - (a) importance and use of food,
 - (b) factors affecting energy needs,
 - (c) variations in the needs of the individual members of the family,
 - (d) food nutrients and their functions,
 - (e) general sources of food nutrients,
 - (f) correct food habits in maintaining health.
3. Home responsibilities for health and nutrition:
 - (a) provision of good living and working conditions,
 - (b) prevention of contagion and infection,
 - (c) observance of public regulations relating to health,
 - (d) recognition of and co-operation with school, industrial and other health agencies.

IV. Meal Management:

1. Consideration of the family meals:
 - (a) planning,
 - (b) food purchasing,
 - (c) preparation,
 - (d) serving,
 - (e) behaviour of members of the family,
 - (f) hospitality.
2. Food preparation and serving:
 - (a) family meals—balanced meals for each member of the family using simple dishes prepared with milk, fruits, cereals, eggs, vegetables, fish and quickly prepared meats,
 - (b) simple refreshments—for entertaining at home and for social activities outside the home.
3. Housekeeping duties related to meals:
 - (a) storage of food,
 - (b) care and cleaning of kitchen and dining-room,
 - (c) arrangement and care of flowers,
 - (d) care and laundering of linens and towels.

V. Social Relationship of the Home and the Community:

1. Benefits afforded the home and family by the community.
2. Responsibility for participation in community interests and activities.

REFERENCE BOOKS FOR THE COURSE IN HOME ECONOMICS—GRADE IX

Six or more of (Latest Revision):

Jensen, Jensen, Ziller—Fundamentals of Home Economics.
Coss—Girls and Their Problems.
Dodd—Fibre and Finish.
Hopkins—Dress Design.
Dean and Middleton—Junior Home Economics.
Kinyon and Hopkins—Junior Foods and Clothing.
Everson—Practical Sewing.
Solandt—Highways to Health.

One or more of (Latest Revision):

Moodie—Roughing it in The Bush.
Trilling and Nicholas—The Girl and Her Home.
Van Duzer—Everyday Living.
Hunter—The Girl To-day, The Woman To-morrow.
Gibson—On Being a Girl.
Small—How to Know Textiles.
Baker—Clothing Selection and Purchase.
Friend and Schultz—Clothing.
Butterick—The New Butterick Dressmaker.
Vogue—Vogue's Guide to Practical Dressmaking.
Willard and Gillett—Dietetics for High Schools.
Rose—Feeding The Family.
Matthews—The New Elementary Home Economics.
Friend and Schultz—First Book in Home Economics.
Calvert—The New First Course in Homemaking.
Bailey—Meal Planning and Table Service.
Pattinson—Canadian Cook Book.
Blount—Health.
Bulletins, Pamphlets and Magazines.

